

EL 158: Low Impact Aerobics

HEALTH, EXERCISE SCI & RECREATION MGMT

A form of aerobic exercise in which one foot remains in contact with the floor at all times.

Pass/Fail grade

1 Credit

Instruction Type(s)

- Lecture/Lab: Lecture/Lab for EL 158

Course Fee(s)

Applied Science

- \$5.00

Subject Areas

- [Leisure and Recreational Activities, General](#)

